

(deceased) mother of
Fr. Thos. Richards, CSC;
Msgr. John Hunt, (Detroit).

University of Notre Dame
Religious Bulletin
March 2, 1949

(Injured in accident)
sister of Ruth Hagerty
(Library) 9 Spec.Ints.

Lenten Penances.

Do these, above all:

Attend Mass daily, and receive Holy Communion.
Be present for the start of even your weekday Mass.
Kneel upright at Mass; don't half-kneel and half-sit.
Assist at the 5:00 P.M. Benediction in the church.
At night, say your rosary alone or join in with the Family Rosary group in your hall.

Do these once a week, at least:

Make the Way of the Cross alone or at public services in your chapel.
Spend a half-hour in Adoration in the church.
Attend the Wednesday (7:00 P.M.) sermon and Benediction.

Do these every day in Lent:

Abstain from all intoxicants and candy.
Give up cigarettes, or reduce the numbers smoked each day.
Stay away from downtown movies.
Deny yourself between meal snacks.
Visit the Grotto.
Read the life of a saint, a chapter daily.

Always do these, Lent or not:

Close doors quietly; slamming doors is unkindness towards others.
Don't shout or run down corridors; these are acts of unkindness too.
Don't let your radio disturb others.
Keep your room clean.

Other suggestions:

Take two workouts each week in the Rockne Memorial.
Deny self all pastry.
Save your pennies and give them to the poor at the end of Lent.
Read the New Testament for ten minutes each day.
(Pick up a handy book for this reading at the pamphlet rack).

Wear The Cassock And Surplice.

In Chicago there are men who spend an hour each week in Adoration before the Blessed Sacrament. This is all-night Exposition and some of the men take the early morning hours regularly. All these men kneel in the sanctuary for their period of prayer, and they wear the cassock and surplice.

During the summer, in late August, some 1500 men come to Notre Dame for a weekend retreat. There is Adoration as part of the program, and young and old wear the cassock and surplice.

The cassock is the long coatlike garment worn by the server at Mass and other church ceremonies. The surplice is the white shirtlike vestment worn over the cassock. Wear these at your Adoration. They help to add more spirit to your prayer.

DAILY MASSES DURING LENT
7:20 ALUMNI & CAVANAUGH 8:00 BASEMENT OF CHURCH